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Scott Raff begin teaching physical education at Annesley Hall, the female residence to Victoria University, in 1903.<sup>1</sup> The program consisted of

two classes in physical culture in the day, one at 8:10-8:40, the other from 11-11:30, meeting every day except Saturday and Sunday. With the fourth year young ladies physical culture is optional, but we are glad to say all young ladies in the Hall except one are availing themselves of the gym. The classes are interesting, and are well attended.<sup>2</sup>

In 1904 it was reported:

Postcard  
All but four of the sixty-three residents underwent the medical examination of Dr. Davis, and were assigned the exercises most suitable to them. It was optional with the seniors to take physical culture, and only one did not. There have been two classes of half an hour each, five times a week, but nearly all the students chose the early one. The work has been done well, the interest has been kept up, and the general health of the young ladies much improved by the regular exercise. The wisdom of the doctor's examination is shown in the fact that two of our residents required special treatment for the spine, and in one of these cases the girl's life will probably be many years longer for the timely discovery that she needed such treatment. The report of the Director of the gymnasium will give fuller particulars."<sup>3</sup>  
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In 1905 it was reported:

Health: Most of the residents have undergone the medical examination of Dr. Davis and have been assigned the exercise most suitable to them in physical culture, which, except during skating season, all but the seniors are required to attend. The healthy exercise out of doors on the open air rink, and the airiness of our building have been strong factors in keeping our

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<sup>1</sup> VUA, 90.064V, Box 2, File 3, "Dean's Reports to Committee of Management of Annesley Hall, 1903-1906," November 1903.

<sup>2</sup> VUA, 90.064V, Box 2, File 3, "Dean's Reports to Committee of Management of Annesley Hall, 1903-1906," November 1903.

<sup>3</sup> VUA, 90.064V, Box 2, File 3, "Dean's Reports to Committee of Management of Annesley Hall, 1903-1906," May 1904.



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young ladies well.<sup>4</sup>

In 1906 it was reported: "The health of our students has been good, and in neither of the preceding years have they passed through the strain of examinations with so little serious result, or been so diligent in their studies throughout the whole year, or shown so much self control."<sup>5</sup>

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<sup>4</sup> VUA, 90.064V, Box 2, File 3, "Dean's Reports to Committee of Management of Annesley Hall, 1903-1906," May 1905.

<sup>5</sup> VUA, 90.064V, Box 2, File 3, "Dean's Reports to Committee of Management of Annesley Hall, 1903-1906," 9 May 1906.



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Minute Book

Mrs. Scott Raff in presenting her report as Director of the Gymnasium spoke of the increased interest taken by the residents in the classes for physical culture, and of the great benefit this work had been to many. Twenty-eight students who could not take the general classes had special individual work given to them, and this plan would be further developed next year. There was one graduate in the University gymnasium course, for taking up this work, in the 3rd year, four in the 2nd year and seven in the 1st year, this showing that the interest in physical culture was growing. A course in fencing had been given by Sargent Williams and for this the necessary equipment consisting of a dozen fencing jackets, helmets and gloves had been provided from the friends of the Hall.... Dr. Lelia Davis, the medical supervisor, presented her report, in which she spoke of the satisfactory work done in the gymnasium during the year. The students have had unusually good health, had shown a greater interest in physical culture and had averaged a better attendance than in former days. Twenty new comers in the beginning of the year had taken the physical examination in addition to those who had begun their work in previous years.<sup>6</sup>

The question of Mrs. Scott Raff's salary was brought up. For the past two years it has been \$200 with use of the gymnasium. Now she does not require the gymnasium and asks that in lieu of this she be allowed board and room in the Hall in addition for \$200 in cash. Her assistant this year is Miss Hamilton who is a graduate of Dr. Sargent's School of Physical Culture, thoroughly well fitted for her work and of most attractive personality. She has two classes daily, one at noon and the other at 9:30 PM for five days in the week, at which the attendance is constantly growing. On motion of Mrs. Wood, sec. by Mrs. Sutherland, it was recommended that Mrs. Scott Raff receive \$200 and her board and room for this year, provided that Miss Hamilton continue to be the teacher of Physical Culture.<sup>7</sup>

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The report of Physical Training was presented by Miss Armington, the instructor, in which she deplored the indifference of the residents to the work in the gymnasium, and asked that something might be done by the committee towards enforcing the rule in regard to

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<sup>6</sup> VUA, 90.064, Volume 1, "Minute Book, Committee of Management of Annesley Hall, January 1905," 9 May 1906.

<sup>7</sup> VUA, 90.064, Volume 1, "Minute Book, Committee of Management of Annesley Hall, January 1905," 9 January 1907.



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regular attendance at the classes. She also spoke of the need of a second ball for use in games. This report was left over for further consideration.<sup>8</sup>

Miss Armington's report was taken up. Miss Addison advised ~~that a list of the students be kept by the instructor in physical culture and that each one report to her every day the exercise she has taken.~~ That skating will excuse her from other exercise, but if she has not done that and can give no valid excuse for non-attendance at the classes she shall be reported to the dean. At present only three hours of instruction are given per week, and the residents of the Annex do not get any class exercise at all. ~~One class from the Margaret Eaton School of Expression takes gymnasium work in the Hall, also a class in theory is held each week.~~

It was moved by Miss Le Rossignol sec. by Mrs. Bain: "That Mrs. Scott Raff be asked to confer with Miss Addison as to the possibility of so arranging the classes in physical culture as to give all the residents of Annesley Hall and Annex opportunity to attend, increasing the number of classes when necessary."

That instruction be given when possible in the most graceful manner of sitting, standing, and walking, in the necessity of a proper position when studying and of a proper method of breathing. And that Mrs. Scott Raff cooperate with Miss Addison in enforcing the regulation in regard to physical culture embodied in the announcement for Annesley Hall. Carried.<sup>9</sup>

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The report of Dr. Lelia A. Davis, Medical Examiner was received. She stated that the general health of the students had never been better and that greater interest had been taken in gymnasium work and in outdoor exercise than in previous years. The gymnasium instructor had suggested that some talks on Hygiene in the early part of the session would form a valuable adjunct to her work, and Dr. Davis expressed her willingness to give these if such an arrangement could be found feasible for another year.

It was suggested that prizes be offered for gymnasium work and that an exhibition be held at the end of the year.

Mrs. Scott Raff presented an interesting report of the work

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<sup>8</sup> VUA, 90.064, Volume 1, "Minute Book, Committee of Management of Annesley Hall, January 1905," 13 February 1907.

<sup>9</sup> VUA, 90.064, Volume 1, "Minute Book, Committee of Management of Annesley Hall, January 1905," 15 February 1907.



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in Physical Culture. The new plan of daily registration of physical exercise was working satisfactorily and it was expected that next year the interest in gymnasium work would be all that could be desired. Miss Armington, the instructor, was thoroughly qualified for her work and could not fail to rouse enthusiasm among her students, when they learned the value of what she had to give them

Mrs. Scott Raff suggested that application be made by the Committee of Management to the authorities of Victoria College to have Physical Culture made part of the College Course as is done in University College, and that hours be set aside for the classes, preferably 11 AM or 5 PM open to all residents of Annesley Hall and the Annex and to externs by the payment of a small fee.<sup>10</sup>

Before the reading of the minutes, as Mrs. Raff was obliged to leave at eleven o'clock, she brought before the Committee a letter from Miss Armington who is unable to return to Toronto, having been stricken with tuberculosis. Mrs. Raff asked for authority to engage Miss Wreyford, the instructress in physical culture of University College. Moved by Mrs. Bain, seconded by Mrs. Lang that Miss Wreyford be engaged to fill Miss Armington's place. Carried. Mrs. Lang moved, Mrs. Sweetnam seconded that a letter of appreciation of Miss Armington's work and of regret at her illness be sent to her.<sup>11</sup>

Mrs. Raff gave the report of the physical culture classes, spoke in appreciative words of Miss Wreyford the new teacher and her work told of the change of hour of the classes from evening to from five to six pm except on Monday evening, and expressed pleasure at the physique of the new students and the good health of all.<sup>12</sup>

Mrs. Raff read her report, saying that the students were excused from the gymnasium on the days in which they skate, and that she had been giving lessons in deportment, how to walk, sit, stand. As her English physician forbade her to work after six o'clock, Mrs. Raff was unable to take her part in sitting up at night, and apart from that, did not

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<sup>10</sup> VUA, 90.064, Volume 1, "Minute Book, Committee of Management of Annesley Hall, January 1905," 10 April 1907.

<sup>11</sup> VUA, 90.064, Volume 1, "Minute Book, Committee of Management of Annesley Hall, January 1905," 9 October 1907.

<sup>12</sup> VUA, 90.064, Volume 1, "Minute Book, Committee of Management of Annesley Hall, January 1905," 13 November 1907.



approve of the students being admitted by the officers. her report is on file. She asked of the committee suggestions as to how best to train the young women of Annesley Hall in good manners. Her report is on file.<sup>13</sup>

In the report of the director of the gymnasium it was pointed out that if a cinder court were made on the north side for the building under the trees, games could be played out of doors early in the spring time, and it was also suggested that the new pupils coming should provide themselves with gymnasium suits before their arrival.<sup>14</sup>

Mrs. Raff reported that the class in physical culture registered this year 74; the largest there has been, the young women of the first year show more uniform development, the interest in the gymnasium has been greater, and the work more satisfactory than in the preceding years. She regretted that the attendance was not better and wished that each student might sign an agreement to attend gymnasium at least three times per week, being of the opinion that regular attendance in the first year ensured interest during the remaining years. Miss Wreyford, the teacher, has shown herself painstaking and earnest and is herself a good exponent of the art she teaches. There was an open meeting in the University of Toronto gymnasium, which was much appreciated. The realization of the need of exercise has this year been keener than before.<sup>15</sup>

Mrs. Raff gave her report showing that 31 of the 36 incoming students had registered for physical culture, 17 of whom had been examined by Dr. Davis who found them below the average in health and vigor. The gymnasium classes are as follows - Monday and Tuesday at 7 AM with Mrs. Raff, Wednesday, Thursday and Friday, 5-6 with Miss Wreyford. Five minute talks on hygiene are being given at the morning classes. The report is on file.<sup>16</sup>

Mrs. Raff's report, which is on file, stated that Dr.

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<sup>13</sup> VUA, 90.064, Volume 1, "Minute Book, Committee of Management of Annesley Hall, January 1905," 12 February 1908.

<sup>14</sup> VUA, 90.064, Volume 1, "Minute Book, Committee of Management of Annesley Hall, January 1905," 15 April 1908.

<sup>15</sup> VUA, 90.064, Volume 1, "Minute Book, Committee of Management of Annesley Hall, January 1905," 13 May 1908.

<sup>16</sup> VUA, 90.064, Volume 1, "Minute Book, Committee of Management of Annesley Hall, January 1905," 14 October 1908.



Davis reported the conditions of health of the students above the average, that remedial work and deep breathing had been a part of the exercises in the morning classes which she was taking herself every morning by request.<sup>17</sup>

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The Secretary read Mrs. Raff's report in which she stated the number of times of classes, a daily one at 7 am; on Wednesday evening after dinner exercises and fencing, on Saturday morning theory in the School of Expression. As Miss Wreyford leaves this year, the committee expressed a wish that Mrs. Raff be present at the next meeting to discuss arrangement for the coming year. The report is on file.<sup>18</sup>

Mrs. Raff reported that the classes in the gymnasium meet every morning at seven, that there is a class after dinner exercise, Swedish folk dances, and light exercises on Wednesday evening after dinner. Since skating is over it is the intention to have two five o'clock classes for games. Special attention is being paid to individual development, deep breathing, relaxation. Miss Hamilton has taken Miss Wreyford's place. After the report, Mrs. Raff spoke of Miss Deuve as a possible teacher next year, but as she had not seen Miss D. teach, she was unable to recommend her. Mrs. Raff has herself taught the morning classes until the first of March. These are strictly young women working in the gymnasium - average at morning classes 10 or 12. 16 are registered for the diploma, 5 of these take theory of play class. There are not many from South Hall in attendance. The Wednesday hour is especially for them. The best time scientifically for classes is before meals. The report is on file.<sup>19</sup>

Mrs. Raff read her report saying that of eighty-one students registered in Annesley and South Halls, seventy-six have taken exercise in the gymnasium. In October a petition signed by thirty young ladies asked Mrs. Raff to teach a class in the gymnasium at seven o'clock in the morning. There were two sessions at first for the benefit of the South Hall students, and later in the year, after dinner exercises on Wednesday evening. There was also a class in Physiology, Hygiene

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<sup>17</sup> VUA, 90.064, Volume 1, "Minute Book, Committee of Management of Annesley Hall, January 1905," 12 November 1908.

<sup>18</sup> VUA, 90.064, Volume 1, "Minute Book, Committee of Management of Annesley Hall, January 1905," 11 February 1909.

<sup>19</sup> VUA, 90.064, Volume 1, "Minute Book, Committee of Management of Annesley Hall, January 1905," 11 March 1909.



and Pedagogy in the Margaret Eaton School of Expression on Saturday mornings. Stress has been laid on the freedom of the body not on the development of muscle, and this has been through expression and relaxation, poise of body and individual corrective work. Miss Wreyford asked to be relieved at Christmas time and Miss Hamilton has taken her place. Mrs. Raff read a letter from one of the faithful students expressing her satisfaction in what physical culture has done for her. In the discussion which followed Mrs. Raff said that one of the students when asked why the young woman did not accept the responsibility of being present expressed the opinion that they accepted only individual responsibility. Miss Deuves name was again mentioned, and there was some division of opinion as to the advisability of having so recent a graduate teach these who have been her fellow students. The matter was left to Mrs. Raff. Report on file.

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Raff

Dr. Davis report was then read. Thirty-four new students had received examinations, twenty-eight of the upper class had been re-examined and a number of these reported a gain of health and strength during their years at College. She found an increased interest in physical culture, and improvement in bodily position and carriage.<sup>20</sup>

The report of the Director of the Gymnasium stated that Dr. Davis had examined 29 new girls, who were in good general health but not strong, and rather underdeveloped. Seven classes are held weekly, Monday, Tuesday, Wednesday and Thursday at nine (the 1st at South Hall, and Tuesday, Thursday, and Friday at Five. Plans are being formulated to meet the needs in deportment and etiquette.<sup>21</sup>

As there is a vacancy in South Hall in a single room it was suggested that Miss Hamilton, assistant in physical culture, be admitted, in as much as it would be of advantage to the students to have the teacher in residence and she could also assist Mrs. Sheffield in sitting up at night. The matter was left in Mrs. Sheffield's hands.<sup>22</sup>

In regard to the vacant room at South Hall, explanation

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<sup>20</sup> VUA, 90.064, Volume 1, "Minute Book, Committee of Management of Annesley Hall, January 1905," 8 April 1909.

<sup>21</sup> VUA, 90.064, Volume 1, "Minute Book, Committee of Management of Annesley Hall, January 1905," 14 October 1909.

<sup>22</sup> VUA, 90.064, Volume 1, "Minute Book, Committee of Management of Annesley Hall, January 1905," 11 November 1909.



was made that Miss Hamilton out of kindness to a Miss MacRobert had deferred her application until the new year, and that the room was at present occupied by Miss MacRobert who would vacate it at Christmas. The President spoke appreciatively of Miss Hamilton, and what she would do for Mrs. Sheffield, and asked of the Committee would make any rebate to Miss Hamilton for her work. Mrs. Gurney moved, Mrs Starr seconded that Miss Hamilton be allowed one dollar per week for assisting Mrs. Sheffield. Carried. Arrangements for sitting up at night were left to Mrs. Sheffield.<sup>23</sup>

Mrs. Sheffield read Mrs. Raff's report. There is one enthusiastic team in basketball; remedial work is being done; a talk on deportment, and after dinner exercises are given on Thursday evenings. The seniors have promised their hearty cooperation in the matter of example. On file.<sup>24</sup>

As the hour was late and the Director of the Gymnasium had to leave, she was asked to give her report and that of Dr. Davis. The report of the physician showed the examination of thirty students, and the re-examination of the same number. Many of the former, although in good health, showed a want of symmetrical physical development, which could be overcome by supervised treatment in the gymnasium, as was shown by the marked improvement found in those re-examined. She also noted an increase in gymnasium work. On file.

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The Director of the Gymnasium in her report said: that she had tried in former years; she gave the facts and tendencies of the students health as revealed by the charts filled out by the examining physician and mention was made for the undesirability of two persons sharing the same room; of the effort made by the undersized girls to grow; of the good attendance in physical culture, and the interest in basketball. Few of the seniors have any genuine interest in athletics, or physical culture. the students of South Hall have been the most faithful attendants. Miss Hamilton has been a very desirable assistant. After reading her report, Mrs. Raff spoke of Dr. Davis letter and recommend the appointment of Dr. Annie Ross of the Macdonald Institute, Guelph, on account of her knowledge of physical culture and special fitness for the position. She spoke also of the need of urging the

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<sup>23</sup> VUA, 90.064, Volume 1, "Minute Book, Committee of Management of Annesley Hall, January 1905," 9 December 1909.

<sup>24</sup> VUA, 90.064, Volume 1, "Minute Book, Committee of Management of Annesley Hall, January 1905," 13 January 1910.





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